

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Threonine (g)

Food Subset: Abridged List
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 06:33 EDT

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.899
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.852
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.813
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.763
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.709
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.603
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.493
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.471
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.437
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.399
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.390
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.389
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.378
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.372
01040	Cheese, swiss	132.0	1.0 cup, diced	1.370
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.333
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1.328
11450	Soybeans, green, raw	256.0	1.0 cup	1.321
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.317
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.317
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.310
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.307
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.303
01035	Cheese, provolone	132.0	1.0 cup, diced	1.296
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.284
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.250
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	1.228
01115	Whey, sweet, dried	145.0	1.0 cup	1.185

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.184
01030	Cheese, muenster	132.0	1.0 cup, diced	1.172
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.170
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.164
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.162
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.161
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	1.153
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.141
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.136
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.130
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.128
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.125
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1.123
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.121
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.110
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.103
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.102
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.102
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.101
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.082
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	1.080
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.079
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.078
01032	Cheese, parmesan, grated	100.0	1.0 cup	1.075
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.071
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.066
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.057
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.057
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.052
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.051
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.049
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.040
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.040

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.038
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.037
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.035
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.028
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.028
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.020
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.020
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.017
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	1.016
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.011
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.004
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.001
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.999
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.992
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.989
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.989
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.989
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.989
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.987
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.986
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.981
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.977
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.976
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.976
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.972
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.970
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.962
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.956
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.951
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.947

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.947
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.941
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.938
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.935
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.926
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.922
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.920
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.918
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.913
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.909
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.906
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.905
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.899
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.898
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.888
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.886
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.884
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.883
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.880
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.879
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.871
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.870
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.865
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.862
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.860
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.858
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.855
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.848
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.847
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.845
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.844
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.842

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.839
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.832
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.832
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.828
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.827
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.823
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.821
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.814
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.813
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.813
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.811
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.809
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.800
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.799
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.799
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.798
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.794
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.778
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.778
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.775
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.769
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.768
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.768
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.763
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.757
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.754
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.751
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.747
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.741
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.740
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.737
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.731
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.730
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.724
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.723
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.722

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.721
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.719
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.717
15033	Fish, haddock, raw	85.0	3.0 oz	0.705
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.680
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.674
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.671
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.666
15013	Fish, cisco, raw	79.0	1.0 fillet	0.657
01109	Milk, sheep, fluid	245.0	1.0 cup	0.657
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.656
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.652
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.649
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.641
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.636
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.622
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.620
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.611
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.590
20314	Corn grain, white	166.0	1.0 cup	0.588
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.584
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.572
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.565
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.559
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.546
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.537
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.533
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.532
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.531
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.530
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.528
20130	Barley flour or meal	148.0	1.0 cup	0.527
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.521
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.518
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.511

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01057	Eggnog	254.0	1.0 cup	0.511
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.508
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.500
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.491
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.491
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.490
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.482
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.479
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.475
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.472
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.464
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.454
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.451
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.451
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.449
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.440
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.438
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.438
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.435
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.434
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.434
07939	Frankfurter, pork	76.0	1.0 link	0.426
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.426
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.426
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.420
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.420
20090	Rice flour, brown	158.0	1.0 cup	0.419
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.416
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.416
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.413
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.405
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.405
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.391
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.378
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.378
20143	Teff, cooked	252.0	1.0 cup	0.375

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.375
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.374
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.373
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.373
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.372
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.371
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.370
07911	Liverwurst spread	55.0	0.25 cup	0.369
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.368
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.367
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.366
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.361
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.351
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.351
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.350
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.340
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.338
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.336
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.324
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.320
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.310
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.310
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.306
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.302
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.302
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.302
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.297
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.296
11304	Peas, green, raw	145.0	1.0 cup	0.294
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.288
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.288
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.288
07926	Salami, Italian, pork	28.0	1.0 oz	0.283
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.282
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.280
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.279

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.278
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.277
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.277
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.276
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.272
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.271
07921	Bacon and beef sticks	28.0	1.0 oz	0.269
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.261
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.257
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.254
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.254
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.252
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.252
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.251
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.250
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.250
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.248
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.248
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.248
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.246
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.245
11124	Carrots, raw	128.0	1.0 cup chopped	0.244
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.241
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.240
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.239
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.239
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.237
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.237
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.232
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.231
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.228

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.228
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.223
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.223
01004	Cheese, blue	28.35	1.0 oz	0.223
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.221
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.220
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.219
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.219
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.216
11215	Garlic, raw	136.0	1.0 cup	0.214
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.211
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.209
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.209
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.206
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.204
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.204
01007	Cheese, camembert	28.35	1.0 oz	0.203
15014	Fish, cisco, smoked	28.35	1.0 oz	0.203
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.202
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.200
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.200
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.200
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.200
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.199
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.195
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.194
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.193
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.192
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.191
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.191
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.190
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.189
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.187

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.187
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.186
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.181
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.181
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.178
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.174
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.171
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.170
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.166
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.163
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.163
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.162
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.160
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.158
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.158
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.154
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.154
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.152
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.151
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.151
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.151
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.151
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.150
01124	Egg, white, raw, fresh	33.0	1.0 large	0.148
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.148
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.146
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.145
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.144
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.143
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.142
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.141
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.141
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.140
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.136
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.136

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.136
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.130
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.130
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.130
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.129
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.128
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.126
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.126
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.125
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.125
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.123
07971	Bologna, meat and poultry	33.0	1.0 slice	0.123
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.122
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.120
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.118
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.117
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.115
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.115
09059	Breadfruit, raw	220.0	1.0 cup	0.114
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.113
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.112
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.112
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.111
20134	Rice noodles, cooked	176.0	1.0 cup	0.111
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.111
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.110
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.109
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.108
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.107
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.107
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.107
11098	Brussels sprouts, raw	88.0	1.0 cup	0.106
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.105
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.104
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.104
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.104

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01031	Cheese, neufchatel	28.35	1.0 oz	0.102
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.101
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.100
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.099
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.099
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.098
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.098
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.097
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.097
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.096
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.095
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.095
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.093
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.092
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.092
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.092
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.091
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.091
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.091
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.090
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.090
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.090
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.090
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.089
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.089
01070	Dessert topping, powdered	43.0	1.5 oz	0.089
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.089
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.089
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.088
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.088
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.088
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.087
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.087
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.086
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.086
18241	Croissants, cheese	28.35	1.0 oz	0.086

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18037	Bread, oat bran	28.35	1.0 oz	0.085
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.085
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.084
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.083
18245	Danish pastry, cheese	28.35	1.0 oz	0.083
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.083
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.083
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.083
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.082
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.082
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.082
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.081
18239	Croissants, butter	28.35	1.0 oz	0.081
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.080
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.079
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.078
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.076
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.076
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.076
18025	Bread, cracked-wheat	28.35	1.0 oz	0.074
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.073
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.073
18224	Crackers, rusk toast	14.2	0.5 oz	0.073
18066	Bread, wheat bran	28.35	1.0 oz	0.073
18240	Croissants, apple	28.35	1.0 oz	0.073
18060	Bread, rye	28.35	1.0 oz	0.072
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.072
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.072
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.071
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.071
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.070
18236	Cracker meal	28.35	1.0 oz	0.070
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.069
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.069
11965	Cauliflower, green, raw	64.0	1.0 cup	0.068

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.066
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.066
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.065
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.065
11080	Beets, raw	136.0	1.0 cup	0.064
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.063
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.063
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.062
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.062
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.061
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.060
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.060
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.060
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.059
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.059
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.059
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.059
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.058
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.058
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.057
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.057
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.057
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.056
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.055
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.055
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.055
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.055
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.054
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.054
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.052
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.052
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.051
09176	Mangos, raw	165.0	1.0 cup pieces	0.051
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.051
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.050

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
09277	Plantains, raw	148.0	1.0 cup, sliced	0.050
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.050
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.050
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.050
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.050
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.049
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.049
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.049
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.049
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.049
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.049
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.049
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.048
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.048
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.048
18242	Croutons, plain	14.2	0.5 oz	0.048
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.047
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.047
18243	Croutons, seasoned	14.2	0.5 oz	0.046
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.046
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.046
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.045
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.045
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.044
18177	Cookies, molasses	28.35	1.0 oz	0.044
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.043
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.042
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.042
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.042
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.042
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.042
18214	Crackers, cheese, regular	14.2	0.5 oz	0.042
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.041
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.041
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.041
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.039

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.039
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.039
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.039
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.038
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.038
11457	Spinach, raw	30.0	1.0 cup	0.037
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037
18107	Coffecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.036
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.036
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.036
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.036
09205	Oranges, raw, with peel	170.0	1.0 cup	0.036
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.035
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.034
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.034
01017	Cheese, cream	14.5	1.0 tbsp	0.034
11282	Onions, raw	160.0	1.0 cup, chopped	0.034
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.033
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.032
18170	Cookies, fig bars	28.35	1.0 oz	0.032
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.032
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.031
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.031
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.031
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.031
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.031
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.030
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.030
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.030
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.030
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.029
01072	Dessert topping, pressurized	70.0	1.0 cup	0.029
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.028
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.027
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.027

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.027
11429	Radishes, raw	116.0	1.0 cup slices	0.027
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.027
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.026
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.025
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.025
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.025
11086	Beet greens, raw	38.0	1.0 cup	0.025
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.025
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.024
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.024
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.024
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.022
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.022
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.022
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.021
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.020
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.020
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.018
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.018
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.017
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.017
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.017
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.017
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.017
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.017
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.016
02005	Spices, caraway seed	2.1	1.0 tsp	0.016
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.016
09252	Pears, raw	140.0	1.0 cup, slices	0.015
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.015
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.014
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.014
11151	Chicory, witloof, raw	53.0	1.0 head	0.013
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.013
11213	Endive, raw	25.0	0.5 cup, chopped	0.012

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.011
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.010
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.010
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.008
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.008
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.008
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.008
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.007
02015	Spices, curry powder	2.0	1.0 tsp	0.007
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.007
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.006
02021	Spices, ginger, ground	1.8	1.0 tsp	0.005
09160	Lime juice, raw	242.0	1.0 cup	0.005
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.004
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.004
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.003
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.002
09173	Longans, dried	1.7	1.0 fruit	0.002
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.002
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.002
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000